

Eat Smart Be Smart

Roots, Leaves, Stems,
Seeds, Fruits and Pods

Fun Fruit
Veggie Find

We Eat The Roots:

beets
carrots
Jerusalem artichokes
leeks
onions, all kinds
parsnips
peanuts (did you know?)
potatoes, all kinds
radishes
rutabagas
scallions
sweet potatoes
turnips
yams



We Eat The Leaves:

Brussels sprouts
beet greens
cabbage, all kinds
chard
cilantro
endive
kale
lettuce, all kinds
mustard greens
parsley
spinach
turnip greens
watercress



We Eat The Pods:

chili peppers
green beans
okra
peas
wax beans

We Eat The Stems:

Asparagus Broccoli
Mushrooms Bamboo shoots

We Eat The Seeds:

beans
(can you name them?)
peas
pumpkin seeds
sunflower seeds

We Eat the "Fruits":

apples
apricots
artichoke
avocado
banana
bell peppers
berries, all kinds
cranberries
cucumber
dates
eggplant
figs
grapefruit
kiwifruit
kumquat
lemons
mangos
melon, all kinds
orange
papaya
peach
pear
persimmons
pineapple
plums
pomegranate
pumpkin
strawberries
squash
tangerines/tangelos
tomatoes